

"BULLETIN FROM BEALE"

2004 ANNUAL ISSUE

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1. **WELCOME ABOARD:** Welcome to all of the retirees who are in Beale's area of responsibility. In this bulletin we list what is available for your use at Beale. We'd also like to welcome our newest Retiree Activities Office (RAO) volunteers. It's certainly a lot easier to get our work done when we have numerous volunteers to staff the office. This bulletin is published for you, the retiree. If you have something that other retirees should know, please let us have it.

2. **THE RETIREE ACTIVITIES OFFICE:** The RAO is in the Family Support Center on the corner of 13th and B Streets. Our hours are from 0900 to 1500 Tuesday through Friday. Telephone (530) 634-2157.

3. **THE RETIREE'S LUNCHEON:** This luncheon is held quarterly in honor of the retirees who can attend. It is held at the Recce Point Club. There's always an interesting speaker talking on base services. The luncheons are on the second Tuesdays of February, May, August and November. Make your reservations by calling (530) 634-3104. This is a no-host lunch.

4. **KEEPING INFORMED:** Each year it becomes more important to keep informed about what is happening to our retired benefits. There are a number of periodicals which have professional, full-time staffs to keep abreast of what's happening in Washington, and how it affects retirees, e.g., Retired Enlisted Association, Military Officers of America Association, Retired Sergeants Association, National Association of the Uniformed Services, and many others.

5. **YOU AND CONGRESS:** Besides keeping yourself informed, it's important that you keep your members of Congress informed as well. You'll find that practically all members of both Houses of Congress are hard-working, scrupulously honest people of high integrity who are sincerely interested in serving their constituents - YOU - to the best of their ability. If you don't like something that's happening, let them know. Be specific about what concerns you. Your letter doesn't have to be typed; however a handwritten PS is a sure attention getter. Don't write just to gripe about something, your Congressman gets plenty of this - stick to your subject, and if you can, work into your letter the fact that you follow his/her voting record. Active duty members cannot lobby their congressional representatives, but retirees can. If you hear about legislation pertaining to active duty personnel that you think needs the support of your congressional representatives, let them know of your concern and support for our active duty brethren.

6. **MEDICAL CARE:** For those of you under the age of 65 your medical care is covered by an employer, DoD's TRICARE program or you may utilize the base clinic at Beale AFB. For those 65 and over you have Medicare and the DoD's new TRICARE For Life (TFL) program. TFL is a supplemental insurance program. You MUST be entitled to Medicare part A and ENROLLED in Medicare part B. You also need to be sure your DEERS information is current and up to date. For those who have recently moved to the mid-valley region, you can visit the Consolidated Support Center (CSC) at Beale and change you address and phone numbers, and check your date of birth in DEERS. The CSC is on Warren Shingle Rd. or call 1-800-538-9552. You do not have to sign up for TFL insurance coverage; you are automatically enrolled in TFL based on your DEERS information. To use TFL just present your Medicare card and military ID card when seeking medical care. Medicare is the primary payer for your medical needs and TFL is the secondary payer covering Medicare co-payments and deductibles for most visits and procedures. For complete information or questions concerning TFL coverage and eligibility you can call the following numbers: Those in Northern California can call the TRICARE Regional Office at Travis AFB at 1-800-242-6788. In the local area you can call the Health Benefits Office at the base clinic at (530) 634-4817. Be advised that Medicare and TFL do not cover Long Term Care coverage in nursing homes or at home.

7. **DENTAL CARE:** The base has very limited facilities and services for retirees. Appointments are strictly on a space available basis only. You can call the dental clinic Customer Service number at (530) 634-4782 for space available appointments. DoD does have a dental program for retirees with Delta Dental of California. It is a premium-based program, based on where you live. For more information call 1-888-336-3260, Monday – Friday, 8:15 –4:30(1630), Pacific Time or their web site is www.ddpdelta.org. Some military affiliated organizations offer dental insurance programs also.

8. **PHARMACY BENEFITS:** You can utilize the Beale Clinic pharmacy. They have a limited formulary; so all prescriptions may not be available. The National Mail Order Pharmacy (NMOP) provides TRICARE/TFL eligible retirees and their family members prescription medications. All retirees now have four basic options:

- a. Obtain free medication if available from the limited formulary at most military installations.
- b. Obtain prescription medications from a Tricare retail pharmacy at a cost of \$3 for generic brands or \$9 for name brand per prescription for a 30-day supply.
- c. Obtain maintenance medications via the NMOP at a cost of \$3 for generic brands or \$9 for name brand per prescription for a 90-day supply and refillable three more times if prescribed that way.
- d. Obtain medications outside the network and pay the higher deductibles and co-pays. Note that NMOP will not provide service to retirees who have supplemental insurance, which makes drug payments as indicated on your application form. Also, if you incur any out of pocket costs more than the \$3 or \$9 co-pay, you may be able to recover your costs by filing a claim with Tricare. For more information, call 1-877-363-6337, Monday through Friday 0400 to 2000, Saturdays from 0600 to 1400.

9. **OPTICAL CARE:** The optometry clinic at the base also has very limited services. If all you want is a pair of standard GI issue glasses just bring a valid prescription in to the clinic. You can contact them at (530) 634-2592.

10. **OVERSEAS TRAVEL:** While traveling overseas, instead of using the base "Community Banks" to change currency and paying DoD banking fees, use your credit or debit cards exclusively at local ATMs you always get the exact official rate. Master Card and Visa are universally accepted, American Express to a lesser extent, and Discover not at all in Europe. Be sure to increase your daily limit with your bank prior to leaving, the ATMs overseas do have limits. Be aware that visitors from foreign countries are not required to pay the value-added tax (VAT) that is levied on all purchases and hotel bills. Ask the hotel or store for the paperwork required to have the VAT reimbursed. Have the paperwork stamped at the border or at the airport. Another item of interest is second passports. Some countries won't permit entry to travelers whose passports show they have previously visited certain other countries. Arab countries, for example, deny entry to those whose passports have a stamp showing that they have visited Israel. Similar problems exist when traveling between some African nations. A second passport looks just like a regular US passport and is valid for a limited period of time, usually 2 years. You'll have to be prepared to document your legitimate request for a second passport when you apply. Check the visa information sheet available from any passport office showing any conflict with visas or passports to countries you're visiting. If you need the second passport, show only the one - put the other away. Never show two passports when leaving or entering a country with restrictions.

11. **BEALE SUPPORT SERVICES (Formerly MWR):**

a. **AERO CLUB**, (530) 634-9011: Join the Aero Club and learn how to fly a plane or upgrade your current license.

b. **AUTO SKILLS CENTER**, (530) 634-2296: Do your own auto maintenance in one of the Auto Skills Center's covered stalls, RV lift, or paint booth. They sell all brands of automotive parts. Auto Skills Center mechanics can perform an engine analysis, paint or repair your auto, and conduct auto trouble shooting classes. Free estimates for insurance work are available.

c. **BOWLING CENTER**, (530) 634-2299: Retirees are special at Beale Lanes where we have an Appreciation Day once a month. They stock bowling items and offer daily food specials.

d. **COMMUNITY CENTER**, (530) 634-3165: Craft fairs, dances and dance lessons, meeting rooms, and Jamocha Mona's Café are just some of the services and events happening at the community center.

e. **GOLF COURSE at Recce Point**, (530) 788-0192: Is an 18-hole championship course, complete with a driving range, a pro shop with a full line of professional golfing items, and a full snack bar. Senior discounts for green fees and golf carts are offered for those 60 years and over. Services include individual and group lessons, handicap programs, golf club repairs/rentals, tournaments, and party/special functions.

f. **HARRIS SPORTS & FITNESS CENTER**, (530) 634-2258: Provides customers a health club environment with a selection of Cybex, free weight, and cardiovascular equipment. They also offer personal fitness training and aerobics classes. Outdoor facilities include a running track; tennis courts; football/soccer

fields; and a softball complex. Men's and women's saunas and locker rooms, equipment checkout service, free towel service, and a retail sales counter (carbo, amino, protein drinks and juices, nutritional bars, etc.).

g. **INFORMATION, TICKETS AND TOURS (ITT)**, (530) 634-2054: The ITT is located in the Outdoor Adventure Center and provides a selection of discount tickets to special events and area attractions, and many brochures and information pamphlets are available free of charge on state and local area events.

h. **HUB ZEMKE LIBRARY**, (530) 634-2314: Your ID card is your library card, entitling you to use the computerized card cataloging system as well as to check out or reserve books. New books arrive each month and electronic indexes give access to magazines and newspapers. The library currently provides books on tape, VHS movies, music CDs, and a self-help coin operated fax/copy machine.

i. **OUTDOOR ADVENTURE CENTER (OAC)**, (530) 634-3340/2054: The OAC rents ski boats, party barges, camp trailers, and other recreational and yard equipment as well as scheduling adventure trips. Popular excursions include deep-sea fishing, white water rafting, hiking, and skiing just to name a few. You can also rent tables, chairs and canopies for your next big event. The Center also holds boater safety courses. OAC also has a parcel-shipping counter with 1- and 2-day air and ground service available.

j. **RECCE POINT**, (530) 634-4948: Recce Point is Beale's consolidated club facility. Located next to the golf course, Recce Point has separate officer and enlisted lounges and game rooms, a boardroom for private parties, and a ballroom. Buffet lunches are served Monday thru Friday. The Pub is open daily for breakfast, lunch and dinner. Retirees are welcome to join the club and partake of the special activities.

k. **ROD AND GUN CLUB**, (530) 788-2473: The Rod and Gun Club has an impressive small bore firing range, two skeet ranges, and a trap range. It also has nine standing and fourteen walk-through archery target ranges and a paint ball range. Its pro shop provides supplies and a reloading room, as well as special order capabilities. Weapons and range familiarization training classes are available upon request.

l. **RYDEN PARK**: The park is at the foot of Ridge and Brookview Drives in the family housing area. It has a BBQ area with picnic tables, pavilion, and a playground in park-like surroundings. Make reservations for groups of 30 or more through the OAC at (503) 634-3340/2054.

m. **SKILLS DEVELOPMENT CENTER** (Formerly the Arts and Crafts Center), (530) 634-2294: Here you can take classes in stained glass, ceramics, tole painting, quilting, cooking, cake decorating, scrap booking, self-framing, and oil painting. It is located at Warren Shingle Road and 23rd.

n. **SWIMMING POOLS**, (530) 634-2262/4953: Beale has two swimming pools, the Lake House pool located in the housing area of Beale AFB and the main base heated pool located next to the Harris Fitness Center. Activities offered at the pools include swimming lessons, lap and fitness swimming, water aerobics, and water safety instruction courses provided through the OAC. Please call for pool hours.

12. OTHER FACILITIES/SERVICES:

a. **AAFES**: In addition to the main store, there are concessionaires operating a barbershop, a beauty shop, flower shop, laundry and dry cleaners, and an optical store. Food service is available from Anthony's Pizza/Robin Hood snack bar and Burger King. They also run the base service station and auto parts store as well as the Beale Bijou base theater. They show first run movies on Fridays and Saturdays at 7:30 p.m.

b. **COMMISSARY**: Congress mandates the 5% surcharge added at checkout to your bill. By law they sell grocery items at prices that recoup the item's costs plus the 5% surcharge. It is used for construction and renovation of commissary stores, equipment, utilities, equipment maintenance and operating supplies. Commissaries don't make a profit. For those retirees and annuitants who cannot make it to the commissary due to disability, illness or infirmity can have an agent designated to shop for them. You must submit a letter to your nearest installation commander justifying why you need an agent designated.

c. **CONSOLIDATED SUPPORT CENTER (CSC)**: The CSC, located on the east side of Warren Shingle and C streets, is your one stop shopping for retiree services and issues. The finance counter can help you with retiree pay issues (530) 643-2202; the pass & registration counter can help you with your vehicle registration and decals (530) 634-3128/3143; the personnel counter can assist you with ID card renewal, DEERS updates (530) 634-3187; and the casualty assistance representative (530) 634-3144/5700, who can provide you counseling regarding burial and survivor benefits, assistance with applications for monetary benefits, and resolve any irregularities or complaints. When you turn 65 you need to give your Medicare Card information to the DEERS office nearest you to update your DEERS record. This is very important if you are using TRICARE For Life.

d. **MORTUARY AFFAIRS** (530) 634-2769/5700: The Mortuary Affairs Office is here for you in the event of the loss of a loved one. They will help with coordinating mortuary requirements and planning for internment. They will coordinate Honor Guard (HG) requests for Air Force (AF) personnel. Other service members will be directed to the nearest facility of their service to handle your request. The HG's main focus is to provide military funeral honors for deceased AF members (minimum of 2 HG members for veterans, 10 for retirees, and 20 for active duty). Please contact them through your funeral director before you make any arrangements - honors that can be provided depend upon a number of factors. DoD requires the funeral director, rather than the next-of-kin, contact the military. A toll free number (1-887-645-4667) has been set up for funeral

directors to coordinate the ceremonies. DoD has established a web site to explain the funeral honors process at www.militaryfuneralhonors.osd.mil. The HG supports Beale in many other ways; the most widely observed is probably the color guard support for many functions in the local and Sacramento areas. Its area of responsibility includes most of Northern California, parts of Nevada, and Southern Oregon. The RAO has updated "The Inevitable" brochure, which details much of the actions, needed to plan for and what to do when a spouse dies. If you would like a copy call the office and one will be mailed out to you.

e. **FAMCAMP**, (530) 634-2053: The RV park has 44 spaces with electricity, water and sewer hookups. No advance reservations, first come – first served. There are six tent spaces available on grass with no services. Register at FamCamp located at the end of C Street, (530) 634-3382, or call the OAC at (530) 634-2054.

f. **FAMILY SUPPORT CENTER (FSC)**, (530) 634-2863: FSC is located at the corner of B and 13th Streets. It offers a large number of helpful classes including basic budgeting, Cal-Vet home loan seminars, home buying, basic investments, marketing yourself, job search techniques, writing a resume, negotiating salary and benefits, and many others. Call them at (530) 634-2863 for class information.

g. **FISHING**: There are several good fishing lakes located on Beale AFB. A California license and a Beale fishing card are required. Fishing maps, bait, and fishing gear are available at OAC. For more information call the OAC at (530) 634-3340/2054.

h. **GOLD COUNTRY INN**, (530) 634-2953/6000: The Gold Country Inn provides you with excellent lodging convenient to all base activities and local community services. Call for reservations.

i. **LEGAL OFFICE**, (530) 634-2928: The base Legal Office can provide certain legal services to retirees in the preparation of legal documents and instruments such as simple wills, bills-of-sale, powers-of-attorney, and notary services. They also sponsor free income tax return preparation from February through April 15.

j. **VETERINARY TREATMENT FACILITY (VTF)**, (530) 634-2104: The VTF is located at Building 2180 on "B" Street and provides routine vaccinations for dogs and cats. They can treat a limited number of diseases including those that are infectious and transmittable to man. Pets are seen by appointment only. The appointment book is opened 2 weeks prior to a clinic date. Only pets owned by personnel who are authorized routine medical care at a military facility are authorized serviced at the VTF. No appointment is needed to purchase over-the-counter products or to register a pet.

13. IDENTITY THEFT AND YOU: Identity theft may be a rather vague-sounding term, but it refers to some very specific and very inconvenient things that can be done to you if you're not careful - and maybe even if you are. It happens when another person gains access to information about you - including your name, address, birth date, Social Security number, driver's license number, credit card and telephone calling card numbers, bank account numbers, etc.- and uses that information to obtain money or other benefits by pretending to be you. The term begins to seem less vague when you consider some common examples:

Using your name, birth date and Social Security number to obtain a credit card, then running up charges in your name. Calling the issuer of an existing credit card of yours to put in an address change and request replacement of a "lost" card, then running up charges against your account. Opening a bank account in your name and writing hot checks against it. Ordering printed checks (with an address change) for your existing bank account and writing checks against it. Setting up wireless phone service in your name and simply using the phone until service is terminated for non-payment.

Any or all of these activities, and many more, can result in collection efforts against you, negative entries in your credit report, and much inconvenience. Though ultimately the victim of identity theft will not ordinarily be held responsible for charges he or she has not authorized or checks he or she has not written, clearing up the problems caused by an identity theft can be difficult, traumatic, and expensive.

So what can you do to avoid falling victim to identity theft? Some suggestions are:

Be wary about giving out personal data unless you have reason to trust the person you're giving it to and there is a legitimate "need to know." Don't take a telephone caller's word for it that he or she represents your bank or credit card issuer, particularly if you're asked to supply information the bank or card issuer should already have. If a telemarketer makes you an offer you want to accept, don't give out your credit card number to unsolicited callers and ask him or her to send you a written order form. The same rule applies to unsolicited e-mail offers. Shield ATM and telephone keyboards when entering your card and PIN numbers, or make sure no one is standing nearby who might be watching. Don't throw bank, credit card or similar statements into trash containers that may be sifted through before pickup. Have your mail retained at the post office or picked up by a friend when you're away. Make sure your monthly statements are received monthly and check them for unauthorized charges. Review your credit report periodically for evidence of unauthorized activity.

If you believe you've become a victim of identity theft, report it immediately to the bank, credit card issuer, and/or credit-reporting agency involved. Then call the Federal Trade Commission at 1-877-ID THEFT (1-877-438-4338).

14. COMBAT RELATED SPECIAL COMPENSATION (CRSC): Congress passed the CRSC to be effective 31 May 2003. This program compensates military retirees with at least 20 years service and who either have disabilities because of combat injuries for which they have been awarded the Purple Heart, or those who are rated at least 60% disabled because of armed conflict, hazardous duty, training exercises, or mishaps involving military equipment. Members must apply to their own branch of service. Visit your closest VA office for more details and applications.

15. LONG TERM CARE: The U. S. Office of Personnel Management has contracted with several insurance companies to provide Long Term Care (LTC) insurance to federal employees and retirees. Medicare/TRICARE does not cover LTC. LTC provides someone with a long-term physical illness, a disability, or a cognitive impairment that requires nursing home care or long term in home medical care. LTC services may include help with activities of daily life living, home health care, respite care, adult day care, care in a nursing home, or care in an assisted living facility. This insurance is NOT funded by the Government but is only contracted for federal employees and retirees. For further information you can contact the office at 1-800-582-3337 or web site at www.opm.gov/insure/ltc. Many service-affiliated organizations and insurance companies also offer LTC insurance, so shop around for the best policy.

16. SECURITY FORCES: (530) 634-2131: Beale has one of the best Security Force operations you'll find anywhere in the Air Force. Here's some information furnished by them, which may be of interest to you.

a. There are five gates for entry to Beale AFB. The two gates that are open 24 hours a day are the main gate and the Vasser Lake gate in base housing. The Grass Valley gate is open every day from 0500-0100. The Doolittle and Wheatland gates are open weekdays from about 0600 to 1800. During periods of heightened security and/or training exercises these last three gates may have reduced hours or be closed,

b. Maps of the base are available at any gate, unless supplies have run out.

c. Speeding and DUI citations are settled in the Federal Magistrate Court in Sacramento. Remember, don't drink and drive.

d. If you bring a guest on base with you, remember you're responsible for his or her conduct. You must accompany them to the entry gate office and obtain a visitors pass. Passes can be obtained at the main gate.

e. If you move into this area you should register your car on Beale within 3 days. This will prevent delays at the gate. Any vehicle not having a base decal will be issued a vehicle pass at the gate. If you buy a new car, you'll be given a temporary pass good for 30 days to give you time to have your car registered, new license obtained, etc. The same applies for motorcycles except that you will also need to attend a Motorcycle Safety Foundation Course.

17. BULLETIN FROM BEALE BY WEB SITE: If you prefer the bulletin and other RAO documents to be available via the base website and email instead of receiving a mailed copy, please send us an email at RAO@beale.af.mil.

18. RECORDING MILITARY DOCUMENTS: It is not advisable to have your DD 214 recorded at the county recorder as you may have been advised to do when you retired. This makes the document public record and is accessible by anyone under The Freedom of Information Act. If you are concerned you may want to check with the county recorder where you had the document recorded to see if you can have it unrecorded. Not all counties/states will allow you to un-record a document. Ask them how to un-record the document.

19. CONTACTING DEFENSE FINANCE & ACCOUNTING SERVICE (DFAS): DFAS has changed their mailing addresses and some phone numbers. Here is the current contact information:

a. Retirees: DFAS; U.S. Military Retirement Pay; P.O. Box 7130; London, KY 40742-7130. Toll free phone is 1-800-321-1080, commercial is 1-216-522-5955. FAX is 1-800-469-6559.

b. SBP Annuitants: DFAS; U.S. Military Annuitant Pay; P.O. Box 7131; London, KY 40742-7131. Toll free phone is 1-800-321-1080, commercial is 1-216-522-5955. FAX is 1-800-982-8459.

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